

The Ogden Standard-Examiner

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WHAT OGDEN DOES NOT REALIZE

Traveling from New York to Ogden, have you ever noted the fact that coming westward over the New York Central, the Chicago, Milwaukee and St. Paul and the Union Pacific railroads there are no mighty mountains to be viewed from the car window until you are near home.

Not until the train rolls out of Weber canyon and you turn your gaze to the north and east do you see the great peaks that stir the imagination and inspire awe.

The people of Ogden do not make sufficient capital out of the majesty of the Wasatch range.

Compared with the rugged grandeur of the mountains which lift their heads above Ogden, the other elevations from here to New York are low-lying hills of no importance.

Crossing the continental divide is nothing more than moving along the ridge of one small eminence after another, to gradually reach an elevation of 8000 feet and look out on other rolling hills of equal squatness.

Ogden is where the westbound passenger over the Union Pacific route receives his first awakening to the majesty of peaks which pierce the clouds and canyons which are deeper than the deepest shafts bored by man.

Some day Ogden will begin to advertise the beauty and glory of the cliffs and pinnacles and gorges which were here when the angels sang at the dawn of man and, if Ogden knows how to advertise, few travelers on pleasure bent, will go by without stopping to admire and tarrying long enough to climb to the summits and there commune with nature in a form strangely new and deeply impressive.

DOES NOT LIKE NEW YORK.

Down in the streets of New York, where there is no backyard to play in, the children in the poor districts shiver in the cold of a bleak December day, but they romp and laugh as they tag each other. They go to where the fire hydrants break through the paving and shoot marbles on the little square of earth. They climb the stairs and are back again to the sidewalks, where they are warned away from the street by the honk of the auto horn.

What would a western boy eight years old do if he suddenly were transported and placed between those high walls of stone and concrete, where the smoke screen the sun and everything is artificial?

What would he do? He would cry and beg to be taken back to his home, where a boy is free to amuse himself in a thousand different joys and where nature beckons to him from every nook and corner.

Well, a big boy from the west or a grown up turns with a shudder from the thought of being cooped up in New York, or Philadelphia, or Chicago. The lives of those who inhabit the tunnels, called streets, and who ride morning and night in the darkness of the subway, are so unnatural as to cause a western man to feel a pity for the submerged. But it is a pity which is wasted as the New Yorker might endure a month in the west; he could not survive two months without being overcome with a longing for the rush and push, the stir, the sweep of the thousands on Broadway or Fifth avenue.

Well, it all is the mental attitude, and it is a good thing, as it tends to stabilize humanity and keep all of us well within the environs which have marked us with our pronounced likes and dislikes. It prevents a greater centralization and helps keep down the congestion of the large centers of population.

DIFFERENT DEGREES OF REAL MISERY.

Though conditions are bad in Europe and the outlook gloomy, there have been periods of greater distress and woe, in fact, Arthur Brisbane, by a comparative statement, leads one to believe Europe is going through a natural stage of recoil to be followed by advancement. He finds in the history of the distant past much to console those who think things could not be worse. He says:

"Conditions are not as bad as when the black plague killed more than half of all the people in Europe. Not as bad in France as when it was necessary to pass a law to keep peasants from eating human bodies dead of the plague. European conditions are not as bad as they were in England when

the idle, starving workman that wandered from his parish, without permission, to find work elsewhere, was branded with a red hot iron; or when in England the city government, lord of the manor, bishop and king each had a separate gallows, and merchants bringing presents of fish and game waited on their knees at the doors of Parliament to beg relief from too many hangings. Conditions are not as bad for Europe as when Attila came marauding with his hordes bragging that the grass never grew again where his horse had put its foot. Conditions have been worse in Europe than at present, for centuries at a time. Europe having got over much worse conditions, will get over these conditions."

If there is comfort in comparing horror with a greater degree of horror, then Europe should have the fortitude to go on enduring until a brighter day is at hand. In the meantime the countless millions being sacrificed can find no consolation in either the past, present or future.

HOW TO REGAIN HEALTH.

Among those who today are holding the attention of two continents is Dr. Emil Cone, who is the exponent of auto-suggestion.

Doctor Cone has a simple remedy for those who are ailing and desire to regain their health. He advises them to repeat twenty times every morning and every evening these words:

"Day by day in every way, I am getting better and better."

Shut your eyes and repeat the sentence Doctor Cone says.

Make this auto-suggestion with confidence, with faith, with the certainty of obtaining what you want. The greater the conviction, the greater and the more rapid will be the results obtained. Further, every time in the course of the day or night that you feel any distress, physical or mental, immediately affirm to your self that you will not consciously contribute to it, and that you are going to make it disappear. Then isolate yourself as much as possible, shut your eyes, and passing your hand over your forehead, if it is something mental, or over the part which is painful, if it is something physical, repeat extremely quickly, moving your lips, the words:

"It is going, it is going—" etc., as long as it may be necessary.

With a little practice the physical or mental distress will have vanished in 20 to 25 seconds. Begin again whenever it is necessary. Avoid carefully any effort in practicing auto-suggestion.

No doubt there is merit in this philosophy, the power of which is in training the sub-conscious mind to direct the organs of the body so as to have them function to the highest degree.

The sub-conscious mind controls the sympathetic nerves and is complete master of the body when the conscious mind is in slumber. Primitive man was almost wholly guided by the emotions of rage and fear, and only as he advanced did the reasoning part of the brain expand and, in the waking hours, help displace the responsibility given over to the sub-conscious.

So it is quite time the sub-conscious brain is the part to reach, if we are to send out nerve messages to the internal organs.

PREVENTED.

The China famine fund has a surplus of \$900,000. It will be used, wisely, to educate the Chinese in agriculture, helping ward off future famines. Pennsylvania railroad chemically treats 6,000,000 cross-ties a year, making them last two to five times as long.

We are gradually getting at the roots of trouble—preventing instead of waiting until a cure is needed.

WARNING.

World war veterans, who are entitled to vocational training but have not applied for it, must get their application in before December 16. After that, too late. The Vocational Rehabilitation act so specifies.

Spread the word among disabled soldiers.

POUND FOR POUND

ROMAN MEAL

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MEAT

20c per lb.

In short: Roman Meal—pound for pound—has a greater food value than meat. A few raisins in your Roman Meal Porridge makes it taste like a pudding.

ABOUT THIS, THAT AND T'OTHER

By D. J. C.

In view of the pride with which we contemplate the wonders produced by man in this generation, it is interesting to observe that one man, forty years before the signing of the American Declaration of Independence did a thing or two which no modern has come up to. That man was George Frederick Handel and the thing in which he excelled was the composition of church music. His oratorio, "The Messiah," stands supreme by popular regard.

Yet from the standpoint of musician Handel's greatest oratorio. The musician picks out his "Israel in Egypt" as the masterpiece. This is seldom performed, for the music lovers since 1742 have never grown tired of "The Messiah" with its fine arias and wondrous choruses, and consider that in this work Handel did his best.

Handel, who is by adoption the national musician of the English people, was born in Saxony, but he went to England when he was 25 years of age and died there about 59 years later and is buried in Westminster Abbey. He was the great tone-poet who more than any one else gave musical expression to the highest and noblest thoughts and aspirations of the Anglo-Saxon race.

Handel as a child was a prodigy. His father, the bassoonist, was not a means a music lover. He wanted his son to be a lawyer and kept musical instruments away from the child. Nevertheless the boy got the instruments by stealth and attained a skill at playing upon the harpsichord and organ which caused consternation among musicians. When he was 10 years old his compositions were being performed in the larger churches.

For years Handel centered his efforts upon the composition and production of operas and he wrote scores of them which brought him great fame in Italy and a fortune in England where his living was assured by reason of royal pensions. He had accumulated a fortune equivalent to \$50,000 in our money when he lost his popularity. Nobody would listen to his music and he lost his wealth, his health and his courage.

It was then that Handel turned to oratorio work and it was here that he achieved the undying fame which has been his. His operas are virtually forgotten, but his sacred music seemingly will live on forever. He composed for the better classes of England, but his music has an appeal which can be understood by all. For instance who does not feel the pathos of that aria, "He Was Despised and Rejected" or is not thrilled by his "Hallelujah" chorus?

Somehow I always feel more sorry for the Salvation lass or laddie who sits there in the cold street ringing the bell than I do for the poor fellow who has the money in the Christmas pot is intended.

That expert on classifying intelligences who testified that Clara Phillips had the mind of a child, must feel rather put out now in view of the fact that his moron achieved one of the cleverest escapes on record.

Cheer up. All the authors of articles I have been reading lately on prehistoric man and his history are agreed that man steadily has grown more moral, more kind and more peace loving from the time he first began to walk upright. Furthermore, they show that whenever a civilization has been destroyed, a newer and better one takes its place.

To show how human nature is changing, just a few generations ago, the good citizens of a community took joy in throwing stones or over-ripe fruit and eggs at the poor cusses held fast in the pillory or stocks and the male or female wretch being whipped at the cart's end was a subject for mirth. The condemned man about to step upon the scaffold to be hanged was jeered and joked by the calloused onlookers.

In this day cruel and unusual punishment is prohibited. Murderers are the recipients of bouquets and marsh notes. A prosecutor often has a tough time picking 12 men who will stand for a death penalty and Jack London associations are growing in all parts of the country, the members being pledged to walk out of theatres the minute an animal act comes on, the members holding that animals in such acts are trained by cruel methods.

And the state board of health rules that prisoners must not be confined in Weber county's fragrant bastle.

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UTAH HEALTH WORK OUTLINED

Accomplishments From Penny Xmas Seal Sale Told By Wallis.

SALT LAKE, Dec. 9.—"For the first time since the Utah Public Health association has been conducting the Christmas seal sale campaign, every county in the state has a complete organization which is devoting every energy to making this year's drive the biggest of all," so declared James H. Wallis, executive secretary of the Utah Public Health association, on his return last night from his southern trip. "We have nearly a thousand of the most public spirited men and women of the state who have unselfishly given their services to raise the \$45,000 asked of Utah this year. Everywhere we have gone, we have found the most willing co-operation in our work. No matter what their profession or calling, men have gladly consented to help us. Opportunities have been afforded us at stake conferences, priesthood meetings, regular Sunday services, business men's clubs, teachers' institutes, and other gatherings, to explain our work to the people, and to what purpose the money raised from the sale of these little penny Christmas seals has been devoted. The feeling everywhere is that our association is doing good work. Especially is this true with regard to the activities of the traveling health clinic, for which we have spent more than \$12,000, and the work of the modern health crusade in our schools in which we have enrolled more than 15,000 of our boys and girls. We have given playground equipment to 20 deserving schools in our state; have kept a public health nurse on full time at Ogden; have paid for school nurses in different school districts; have employed an educational director to go through the state with health films and stereopticon slides to educate the people on important health topics, have added to our staff an experienced supervising nurse to encourage the employment of school nurses and to hold modern health crusade institutes in those school districts who apply for her help."

Sunday has been set apart as "Tuberculosis Sunday" by proclamation of President Harding, and the same will be observed in all the churches of the state. Letters have

been sent to all bishops and ministers by the Utah Public Health association, enclosing printed talks, embodying important facts concerning tuberculosis to be given those selected to speak. The mayors of every city of the state have been asked to publish a proclamation along the lines of that issued by Governor Mabey. These will also be read to the people.

The traveling clinic is now in Provo, after which it will return to Salt Lake, and then go to San Juan and Grand counties. This will complete its tour of the state. It is the intention of the Utah Public Health association to publish a detailed report of its work, with outline maps of each county, showing the deaths from tuberculosis during the past five years, and the living cases found by the clinic, which already total about 800 cases.

REDUCE WINE PRODUCTION

ROME—Prohibition laws in America continue to have their effect on the production of wine in Europe, espe-

cially in Italy and Spain, the most important wine growing countries on the continent. According to the International Institute of Agriculture, the 1922 vintage in Italy is estimated at 725,000,000 gallons, or about 18 percent below the average of the previous five years. In Spain, 475,000,000 gallons, or eight percent below the last five years.

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BELOW IS LISTED SOME SUGGESTIONS FOR CHRISTMAS

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Skis	Fountain Pens	Kodaks	Rifles
Toboggans	Pencils	Vacuum Bottles	Pocket Knives

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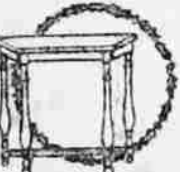
NUT SET

You will want to use this Christmas day and on many winter evenings. Complete with a nut cracker and half dozen picks. Special now at \$4.40



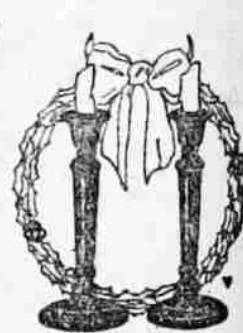
HUMIDOR SPECIAL

Every man who smokes will appreciate a humidior for Christmas. This model is finished in mahogany. It is a great value for Christmas shoppers.



END TABLE

The attractive end table pictured has a place in every living room. Give mother a real surprise this year. Special value for Christmas at \$12.75



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